DID YOU KNOW?
WHITE AND BROWN EGGS HAVE THE SAME NUTRIENTS

Many people assume brown eggs are healthier than white eggs. But this is not true.

Their rich, brown color does not mean brown eggs are better in quality or nutrients than white eggs.

THE TRUTH ABOUT EGG COLOR

- There is no nutritional difference between white eggs and brown eggs. Regardless of color, all large eggs contain 6 grams of protein for only 70 calories.

- All eggs start out white. Brown eggs simply receive an additional pigment at the end of the shell-making process.

- Egg color depends on the breed of the hen.

- Breeds that lay brown eggs require more feed to lay eggs, therefore their eggs can be more expensive.

For the latest egg nutrition information, visit eggnutritioncenter.org